



*Your  
Health  
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**Information Packet**

# Massage & Pain Management



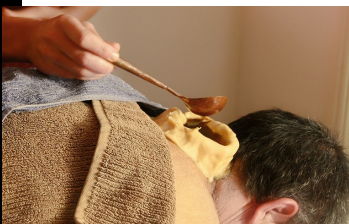
*Ayurvedic Oils*



*Cupping*



*Marma Points*



*Basti Treatment*

In medical massage, the certified therapist has extensive training in anatomy and physiology and is able to work on groups of muscles that are suspected to cause specific discomforts for the client. Some of the main benefits of medical massage include:

- Increased circulation,
- Rejuvenation of nerve endings,
- Lubrication of joints,
- Toning of muscles,
- Detoxification,
- Relaxation and improved sleep
- Improved flexibility
- Reducing fascia build ups

Then what is Ayurvedic massage? In short, it is a medical massage using Ayurvedic oils rather than a random lubricant. Each of these oils are infused with more than 25 medicinal herbs. Ayurveda, the ancient medicine of India, uses skin as one of three ways of administering medications. So Ayurvedic massage offers these additional benefits:

- Balancing the doshas (the individual constitution),
- Improving the flow of prana (Qi in Chinese medicine)

Sometimes your therapist recommends doing cupping during your massage. Cupping is an ancient healing technique used in Asia and Middle East to:

- Remove toxins from the tissues,
- Release fascia and improve range of motion,
- Improve circulation, and
- Relieve pain.

Marma therapy is an important aspect of Ayurvedic medicine. The Marma points are anatomical sites with specific energetic properties. They correlate closely with acupuncture points but instead of needles, the therapist's fingers and hands are used to stimulate the points. As with Acupuncture, these points correspond to internal organs and systems of the body which react to manual stimulation.

Finally, Basti Treatment is a traditional Ayurvedic treatment for herniated discs on the affected area along the spinal column.

The influence of the mind on the body, and vice versa, has been evident to Eastern medicine for centuries. Surprisingly, the mind- body connection was also the cornerstone of Western medicine up to a couple of centuries ago. After all, Socrates once said, “There is no illness of the body except for the mind.”

Unfortunately, the advent of the pharmacological industry broke that connection and mind became a byproduct of the brain— independent of the body.

“ There is no illness of the  
body except for the mind.”  
Socrates

At the Yoga Wellness, mind-body-spirit is the backbone of all our therapies. To determine the root causes of a client’s symptoms, Dr. Rakhshani conducts a comprehensive intake, which last anywhere from an hour to two.

During this session, we collect information about you, your constitution, and your lifestyle habits, which will be used to formulate a therapy plan. This plan may include breathing techniques, simple yogic postures, guided imagery, sound resonance techniques, visualization exercises, suitable meditation practices, and/or lifestyle modifications.

At the end of this intake, Dr. Rakhshani will try to determine how you arrived to this point in your health and what it takes to correct the situation. He will also explain to you the basics of the yogic sciences as a mind-body medicine and estimate the number of sessions that may be needed to implement the therapy plan.

Mind-body therapies are not for everybody. While during massage the therapist does all the work, it is imperative to realize that mind-body therapies require client participation and their effectiveness is proportional to that participation. 🌱

## **RATES:**

The Yoga Wellness Center's rates are based on a sliding scale. We charge our clients at the bottom of that scale, which is only \$90 for 60 minutes and \$135 for 90 minutes. This base rate applies to all our services- massage & mind-body medicine alike. We rely on our clients to pay more in the form of adding a tip if they find the services to be worth more and they can afford it. Paid appointments are valid for a year after the date of purchase and are both refundable and transferable. Rates can change without prior notice.

## **CANCELLATION POLICY:**

We respectfully ask that you provide us with a 24 working hours notice of any schedule changes or cancellation. Please understand that when you cancel or miss your appointment without this notice, we are often unable to fill that appointment. Yet, we understand that emergencies are a part of life. So the first time an appointment is missed without proper notice, we bear the loss. However, future incidents will be billed at 40% of the appointment fee.

## **LATE ARRIVAL:**

We request that you arrive a few minutes prior to your appointment to allow time to fill out any required paperwork as well as answer any intake questions your therapist may have. Arriving after your appointment time may result in loss of time from your session. Full-service fees will be charged even when sessions are shortened due to late arrival.

## **GIFT CERTIFICATES:**

Gift of health is the best gift, particularly when it is heavenly. Please consider giving this unique gift to your loved ones instead of things that can potentially end up in closets or garage. We will be happy to mail your gift certificate to your loved ones on your behalf. Gift certificates are good for a year from the date of purchase and are transferable but not refundable.

## **HOURS OF OPERATION:**

We are open 9 am to 6 pm Monday to Friday. When it is possible and it is absolutely necessary, Dr. Rakhshani will see clients in the evenings or weekends by appointments.

## **FORMS OF PAYMENT:**

We accept cash, all major credit cards, and personal checks. Payments must be rendered at the time the services are rendered. A \$35 fee will be added to the returned checks and late payments.

## **PROMOTIONS:**

From time to time we may run some promotions to introduce our services to the community or participate in other promotions with our colleagues. Promotions cannot be used together or be redeemed for cash. 🍀

*“ Great knowledge of how the body functions. Excellent help for types of food to eat to keep the body going strong and for massages! Thanks Dr. R for all your help! ”*

Graham N.  
Brevard, NC



*“ My name is Abigail and I am 60 years young. I was diagnosed with IBS 15 years ago, but have been suffering from it for 45 years, therefore my diet has been very limited most of my life. I have also been diagnosed with Meniere's Syndrome 2 1/2 years ago but have been suffering with the symptoms for 12 years. After having three crisis this past February, I decided to research on my own more deeply (conventional medicine was not helping me at all with neither of my conditions). In various articles that I read, it was mentioned that Ayurveda massage can help relief the Meniere's by decreasing the pressure, the Tinnitus, and the crisis in general (I have lost 75% of my hearing in one ear).*

*Five weeks ago my daughter and I happened to walk by Dr. Rakhshani's office. Seeing the Ayurveda sign at his door we went in to inquire for more information and ended up making an appointment. A week later I met Dr. Rakhshani, and after getting the Ayurveda massage I bought a package of ten sessions. That moment was the turning point and the beginning of my healing. His treatments are not only a massage but a complete healing approach that in my case involves Yoga, nutrition, breathing techniques, supplements among other things. Dr. Rakhshani's knowledge, patience, ability to listen, willingness to help by finding the root of the problem and not putting a bandage on the symptoms is amazing. I have been under his care for five weeks and I feel great. I am eating foods that I have not touched in 15 years and am thrilled that my IBS has not flared up. On the contrary, my stomach has been responding positively to the probiotics and the whole treatment in general. I had lentils today after a long long time!*

*I wish I could have met Dr. Rakhshani before, but I am a true believer that everything happens at the right moment, and for a reason. I HIGHLY recommend Dr. Rakhshani's services, he has improved my quality of life.”*

Abigail R.  
Fletcher, NC



*“ I came to Dr. Rakhshani at my wife's suggestion after I had been suffering from extreme back pain for several months. A subsequent MRI showed several severe disk conditions resulting in a bad case of sciatica and piriformis syndrome. I started the traditional Ayurvedic treatment for herniated disk plus a prescribed regimen of basic yoga exercises with Dr. Rakhshani's expert guidance and I am moving and doing things now that I*

thought would not be possible. This method that has been used for centuries and what I like is the mind/body philosophy that is the essence of this philosophy. ”

Larry A.  
Asheville, NC



“ Dr. Rakhshani is gentle, thorough, and thoughtful. He customized yoga exercises both for a morning routine and an evening routine to help me get better sleep. His massages are very relaxing. I especially like how he listens to what I need and adapts to that. He is very compassionate and easy to work with. I would highly recommend him to all my friends! ”

Laura B.  
Arden, NC



“ I had a great experience with Dr Abbas. He recommended a detox regimen which really helped clear up my skin and improve digestion, and also gave me an exercise plan to help with my back issues. His massage is also outstanding! Highly recommended. ”

E A.  
Manhattan, NY



“ After 30+ yrs of dealing with moderate to extreme scoliosis.....as well as difficulties in sleeping, anxiety, allergies, etc. I decided it was time to make some major changes. Not knowing what exactly those changes would be exactly, I set up a meeting with Dr. Rakhshani and was beyond impressed by him. He is extremely knowledgeable in so many ways as well as always makes me feel comfortable. After one massage, using the cupping procedure, I left his office with 80% of my back pain being gone. First time in many years. My sleeping habits are much better, and my allergies are increasingly getting better. I am no longer on any routine medication and EXTREMELY HAPPY with the results. My husband is now considering going to him as well. I highly recommend him to anyone who is seriously wanting to make a positive change in their life and do it in a much safer and positive way. Thank you Dr. for ALL the positive changes you have helped me to achieve! ”

Barb S.  
Marietta, SC



“ Dr. Rakhshani has worked with 3 of us in our family over 3 years. He is brilliant, compassionate, professional and skilled. His counsel and the practices which he has taught us have been instrumental in teaching mindfulness to our family, bringing a certain balance that we needed. ”

Lynn B.  
Birmingham, AL

*“ Dr. R. is amazing. He is probably the most compassionate person I have ever met. I work with Dr. R, on and off for the last year. The only obstacle to my complete inner joy was me (or my ego to be exact). As many times as I "stopped and started" back on my path, as I will likely continue to do...he is always waiting with open arms to help me move closer to myself. I will never forget your light, Namaste. ”*

Christine F.  
San Francisco, CA



*“ The wellness center is sensational and is much more than a Yoga Wellness Center. Dr. Rakhshani combines Eastern and Western medicine to help each and every person. I am approximately 70 years and finally compete in tennis like I was in my 30's. I am critical of massages but this is in a different level. Leaving his office I feel taller, younger, happier and healthier after my sessions. Hope more people discover this center and realize how lucky we are to have the luxury of Dr. Rakhshani!!! ”*

Donna Wormser  
Brevard, NC



*“ Dr. Rakhshani is gentle, thorough, and thoughtful. He customized yoga exercises both for a morning routine and an evening routine to help me get better sleep. His massages are very relaxing. I especially like how he listens to what I need and adapts to that. He is very compassionate and easy to work with. I would highly recommend him to all my friends. ”*

Laura Beck  
Asheville, NC



*“ I had a great experience with Dr Abbas. He recommended a detox regimen which really helped clear up my skin and improve digestion, and also gave me an exercise plan to help with my back issues. His massage is also outstanding! Highly recommended. ”*

Elena Lécué  
Asheville, NC



*“ Dr Rakhshani is caring, compassionate and a great listener. I highly recommend him. He helped me a great deal when I was going through a very difficult time. I really loved his holistic approach to health.”*

Cynthia Yeager  
Brevard, NC



*“ I started seeing Dr. Rakhshani in early April. Dr. Rakhshani heard from my wife, Debbie, that I have a cardiac condition that will likely need surgery down the road, but by getting back into shape should postpone the surgery. While I had been trying to loose weight for years, my weight remained borderline obese and I often found myself with very low energy late in the day. Dr. Rakhshani assured Debbie that he could help.*

*I met with Dr. Rakhshani and agreed to see him regularly ten weeks. He recommended some changes in diet, added some supplements and massage therapy. Most importantly he introduced to me progressively strenuous yoga exercises. Dr. Rakhshani would give me feedback, wise advise and encourage me to stay with the program. His thoughtful approach looked beyond my immediate concerns, but addressed other outstanding issues as well.*

*I followed his instructions carefully. To make time for the exercises I adjusted my schedule by rising hour earlier than before. By following his instructions, I have lost twenty-five pounds, have more energy and feel the best I have in years. Surgery will likely be years from now rather than imminent.*

*I am confident that anyone with health conditions or wanting to loose weight will find positive results by seeing Dr. Rakhshani and then following his directions. The patient must take an active role in this partnership. I am so enthusiastic I have signed up for regular visits for the next ten months. ”*

Bill McMannis  
Asheville, NC



*“ I have found Dr. Rakhshani to be a kind and knowledgeable practitioner of holistic healing. I went to him not really knowing what he might be able to do for me, and found out very quickly. I recommend him highly. ”*

Stephanie Griffin  
Asheville, NC



*“ I had the good fortune to work with Dr Rakhshani for a five week period. I had a stroke last year and was still having balance and coordination issues. Dr. Rakhshani gave me yoga centered exercises which proved to be perfectly suited for helping me with lingering strength and balance problems. I am now able to climb up and down stairs without having to hold on to the rails. He also gave me some chanting exercises which helped open up the flow of energy in my body and also further activated my chakras. ”*

Lee Provest,  
Asheville, NC





*“ Prior to visiting Dr. Rakhshani, I was diagnosed with Scoliosis. The condition had progressed to the point when I where I was in a lot of pain and my breathing and mobility was greatly affected. I had a great deal of difficulty climbing the stairs in my home and was constantly struggling with my balance. Understandably, I was very dejected on my first initial visit with Dr. Rakhshani, not to mention skeptical about whether he would be able to help me. After my initial consultation, I felt very comfortable with him. After my first session, I was quite impressed to say the least. The relief both mentally and physically was immediate. ”*

Ann Gilbert-Logan,  
Alexander, NC



*“ I am 65 years old. retired, married male with two children. I had a top management position with a national restaurant, which came with many responsibilities and associated stress. I also lived an active and health conscious life. I ran for miles daily and even participated in the Boston Marathon. In 2005, I was diagnosed with multiple sclerosis and in 2010 with secondary progressive MS. The condition by its nature, quickly became worse and started affecting gait, posture, and balance; as well as causing other symptoms, such as muscle spasms, urgency to urinate, and chronic fatigue. I first visited Dr. Rakhshani on September 10, 2014 and have been seeing him every since on a regular basis. The mind-body therapies that I have received have been focused on preventing the progression of MS, restoring my functionality, and improving my quality of life. At times that i felt hopeless, Dr. Rakhshani was and continuously is searching for a new reason to battle this ailment. While we have not been able to reverse MS entirely yet, and i am not sure if that would be a realistic goal, I am delighted to say that all of my medical reports indicate that MS has been kept at bay. In addition, I feel: 1) I have more energy, 2) I am now able to walk upright and with canes rather than with walkers and scooters, 3) my urgency for urination is dramatically improved, and 4) I feel I have better balance and less muscle spasms. But perhaps the greatest change in me is my perspective toward life, which has lead to fewer hurts of anger and much improved quality of life. I am NOT writing this to sell Dr. Rakhshani's services, rather to encourage you to seek alternative care with him or any other qualified practitioner. While western medicine focuses on treating the symptoms and at times that is necessary, the eastern medicine for centuries has been geared toward removing the root causes of the ailments. I wish I had seemed alternative care before MS had started its progression but I am happy that I did eventually because I could have lost a lot more functionality. If you have been recently diagnosed with MS, please don't take the disease casually. If the root causes, not just the symptoms that medications treat, are not addressed properly, the loss of functionality can be swift and devastating. ”*

Phil Robinson,  
Asheville, NC



*“ Before I met Dr. Rakhshani, I had very little hope that things in my life could change, but he has opened my eyes in many ways and given me the tools I need to walk a different path. I may struggle with this new path from time to time, but I will always be eternally grateful that he has shown me a better way. And I will always strive to make the things he has shown me a permanent part of my life. ”*

Beth Quinn,  
Asheville, NC



*“ Late fall of 2016 I knew I needed to make a life change. Years of 50+ hour work weeks and a significant car accident had caught up with me. I was experiencing increased pain, trouble sleeping, and diminished engagement in the things I enjoyed (to name only a few repercussions).*

*Dr. Rakhshani has helped me tremendously in finding life balance again – his therapy massage techniques, coupled with his caring and accepting demeanor, has enabled me to not only move better and have less pain but also to mentally process and manage stress. He has helped me rewire my connections of mind, body, and spirit. Thank you, Dr. Rakhshani!! ”*

Debra Miller Young,  
Asheville, NC



*“ Dr. Rakhshani is the best. He really makes you feel relaxed after his massage. He really knows what he’s doing and he really caters to your needs. I was having back problems and after my massage, it felt like he put everything back into place. This is the best Holistic healing place I’ve been too. I recommend everyone come in and let him work his magic on you. ”*

Luis Ortega,  
Asheville, NC



*“ Front desk staff was welcoming! Even the pup. The massage was wonderful and I felt like a million bucks. I will be returning. ”*

Tammy G.  
Mars Hill, NC



*“ A welcome addition to downtown Mars Hill! Dr. Rakhshani is a delight to meet and a true professional at his trade. Prepare to be enlightened, educated and energized! ”*

Lindsey A  
Mars, Hill, NC



*“ Dr. Rakhshani has helped both my wife and me to make much needed changes in our diets, exercise, and attitudes. After struggling for years with her weight, my wife has lost 25 pounds without being hungry. My own hunger roller coaster has stabilized significantly. We are both stronger and happier. Dr. Rakhshani has a gift for knowing just what to say to help you get ‘unstuck.’ Thank you, Dr. Rakhshani. ”*

Phil McMillan-Barnette,  
Asheville, NC



*“ I very much enjoyed the massage while I was receiving it, but to my surprise, the next morning I woke up with renewed energy and feeling of well being. This lasted for several days. It was such a gift! I plan to return at least monthly. ”*

Karen Lasker  
Mars Hill, NC



*“ I had an excellent therapeutic massage today. The center is pleasant and the staff friendly and knowledgeable. This is perhaps the best massage I’ve ever had. I’ve already booked a return visit. Dr. Rakhshani is a wonderful practitioner. ”*

Rebekah Wilson  
Mars Hill, NC



*“ So very impressed with Dr. Rakhshani and his sweet assistant Shasta. He is nothing short of a miracle worker and I look forward to continuing my path to a pain free lifestyle with his expertise and guidance. ”*

Jennifer B  
Mars Hill, NC



Western medicine is also referred to as allopathic medicine, which literally means ‘symptom treatment.’ In contrast, Eastern medicine usually focuses more on removing the root causes of ailments. These two different approaches make the Western medicine more suitable for acute conditions and Eastern medicine more effective in chronic conditions.

Dr. Rakhshani believes that patients can be best served when these two modalities work hand in hand. Therefore, he founded The Yoga Wellness center in 2012 in South Asheville and Mars Hill’s Massage and Health Center in 2021 in Mars Hill.

More specifically, The Yoga Wellness Center began in a small office space in 2012 as a dream of Dr. Rakhshani to bring Eastern medicine and its benefits into the sphere of Western medicine. Quickly gaining traction, Dr. Rakhshani moved his practice to Forest Ridge shopping center on 1636 Hendersonville road in Asheville, where it was held for 8 years— enriching the lives of those in Asheville and the surrounding areas.

One issue with Forest Ridge shopping center was that it also hosted a Walmart store. While Walmart customers seemed in most need of holistic therapies, they showed little interest and in 2020 Dr. Rakhshani decided to move his practice to its permanent location in downtown Mars Hill, where he can give personal attention to his clients.

When asked why he moved his practice to Mars Hill he stated “Asheville was expanding too fast. It was quickly becoming overcrowded. You become a mere speck in a sea of faces. It's hard to connect with clients in a rushed atmosphere like that.” He added, “Mars Hill is the best parts of a small town. The connection with clients, the slow pace of southern life, the ability to build community and bring resources into this area that weren’t here before.”

With the vision of joining the Mars Hill community at the beginning of 2021, ‘Mars Hill’s Massage & Health Center’ was founded as a overarching umbrella to allow other client-centered health practitioners to join ‘The Yoga Wellness Center’ in their endeavor to help expand the community resources. 🌱

# About Dr. Rakhshani

**D**r. Abbas Rakhshani, PhD specializes in mind-body medicine based on the yogic sciences and Ayurvedic medicine, which are sister modalities that make up the Indian medical medicine. The yogic sciences focus on the health of the mind whereas Ayurvedic medicine focuses on the health of the body.

Dr. Rakhshani, the center's founder, has held a previous practice in South Asheville for seven years prior. During his career, he has spent 13 years in India training, practicing, and conducting clinical research in mind-body medicine.



He holds a doctoral degree in yogic sciences and has published several scientific articles in major peer-reviewed international journals in this field. His research interests include the effects of yoga in pregnancy, pain management, and stress management. Dr. Rakhshani is a frequent guest speaker at many different organizations, including the UNCA Health and Wellness Department.

## **PUBLISHED SCIENTIFIC PAPERS BY DR. RAKHSHANI**

- ◆ Effects of Yoga on Utero-Fetal-Placental Circulation in High-Risk Pregnancy: A Randomized Controlled Trial  
(<https://www.hindawi.com/journals/apm/2015/373041>)
- ◆ Effects of yoga in prevention of pregnancy complications  
(<https://pubmed.ncbi.nlm.nih.gov/22884667>)
- ◆ Yoga in High-Risk Pregnancy  
(<https://pubmed.ncbi.nlm.nih.gov/24116310>)
- ◆ Effects of yoga on some blood and urine markers in high-risk pregnant women  
(<https://pubmed.ncbi.nlm.nih.gov/23440456>)
- ◆ Yoga and the Quality of Life  
([https://link.springer.com/referenceworkentry/10.1007/978-94-007-0753-5\\_3818](https://link.springer.com/referenceworkentry/10.1007/978-94-007-0753-5_3818))
- ◆ Effects of yoga on Premenstrual Syndrome (PMS)  
([https://www.researchgate.net/publication/233760421\\_How\\_Do\\_You\\_Treat\\_Premenstrual\\_Syndrome\\_in\\_Your\\_Practice](https://www.researchgate.net/publication/233760421_How_Do_You_Treat_Premenstrual_Syndrome_in_Your_Practice))
- ◆ A Holistic Antenatal Model Based on Yoga, Ayurveda, and Vedic Guidelines Effects of integrated yoga on the quality of life of low-risk pregnant women.  
(<https://pubmed.ncbi.nlm.nih.gov/25036466>)



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